

Module 3, Lesson 7 Tool:

Nutrients Linked to Food & Mood

Researchers are still studying the exact mechanisms of how certain nutrients and foods can decrease depression and improve mental health, but there's evidence that certain healthy fats and specific fruits, vegetables and lean proteins may help boost your mood. We also know diets high in processed foods and refined sugars are linked to greater risk of depression. Try including more of the healthful foods listed below in your daily diet, while cutting back on the packaged processed stuff.

Folate

- Asparagus
- Avocados
- Broccoli
- Brussels sprouts
- Fortified whole grains (breads, cereals, rice, pastas)
- Leafy greens

Healthy Fats

- Avocados
- Fatty fish (salmon, herring, mackerel, tuna)
- Flax seeds
- Olives
- Olive Oil
- Nuts and seeds (almonds, hazelnuts, sunflower seeds, walnuts)

Iron

- Enriched/fortified whole grains
- Dried fruit (apricot, raisins)
- Fish and shellfish (oysters, sardines, tuna)
- Grass fed meat
- Nuts and seeds (almonds, cashews, pistachios, pumpkin seeds, sunflower seeds)
- Potatoes
- Poultry
- Spinach

- Tomatoes

Magnesium

- Avocado
- Dark chocolate
- Legumes (black beans, edamame, kidney beans)
- Nuts and seeds (almonds, cashews, chia seeds, hemp, pumpkin seeds)
- Spinach
- Whole grains

Vitamin B6

- Avocados
- Bananas
- Chicken
- Eggs
- Fish (salmon, tuna)
- Milk
- Spinach
- Sweet potatoes

Vitamin B12

- Chicken
- Dairy products
- Eggs
- Fish and shellfish (salmon, trout, tuna)
- Grass fed meat

Vitamin D

- Egg yolk
- Fortified foods (orange juice, milk)
- Fish (halibut, salmon, sardines, tilapia, trout)
- Mushrooms
- Yeast

Zinc

- Kale
- Legumes
- Mushrooms
- Nuts and seeds (almonds, cashews, pumpkin seeds)
- Shellfish